HOW SLEEP MAY BE WOOED

Movements of the Feet Will Quiet the Nervous Brain.

Most of the mental devices for wooing sleep have failed because they have nearly always tried to resort to "local treatment." In other words, they have made a homeopathic attempt to stop thinking by thinking about something else, a process which might also be called "elimination by substitution." But all thinking, spontaneous or forced, draws more or less blood to the brain, prevents deep inhalations and bars the gate to the kingdom of dreams. Any device, on the other hand, which will make one take deep, long breaths spontaneously, the invariable forerunner of sleep, may be counted upon as a genuine remedy for insomnia. Even deep breathing which is forced is better than any purely mental attempt to win sleep, but if the deep breathing can be produced involuntarily one is sure of a passport to Nodland.

After several nights of experiment to this desired end the writer decided to apply the principle adopted by the masseurs, who begin their manipulations "at the point farthest from the seat of difficulty," which in the case of insomnia would be the feet. Lying on the right side, with the knees together and considerably flexed, the victim of insomnia should begin to pedal both his feet slowly up and down, with the movement entirely in the ankles. The pedaling should keep time with the natural rhythm of respiration and be continued until it is followed by deep and spontaneous breathing.

Several people who have tried this remedy report that involuntary deep breathing invariably begins before they have pedaled up and down a dozen times. In obstinate cases of insomnia the patient may need to keep up the pedaling two or three minutes or even more, with intermissions, if necessary. The treatment may also be varied by moving the feet alternately instead of simultaneously, though the latter method has proved the more speedily efficacious in the cases known to the writer. The explanation of the result obtained is probably simple. The blood is pumped from the head, and with the removal of brain tension a general relaxation follows, with a sequent deep respiration and its resulting sleep.—Good Housekeeping.

OLDEST ENGLISH PAPER.

London Gazette Is the Least Read, but Pays $100,000 a Year.

The London Gazette is the oldest and least read of any English newspaper. It is at once the biggest and the least of all English papers, for it is the only paper in the land which changes its size from one page to a hundred, according to the pressure of the news. It is the only newspaper whose word is law and whose authority is accepted in the witness box. It can make and unmake bankrupts.

It is the only paper in which certain persons are compelled to advertise and in which certain other persons cannot advertise for love or money. It yields a profit of $100,000 a year.

Time was when the editorship of the Gazette was one of the spoils of office, worth $4,000 a year. It was the recognized reward of party services in the press.

Under the old regime the Gazette had besides its editor a staff of five clerks appointed by the treasury, but in 1889 the treasury remodeled the management of the paper, found the staff employment elsewhere and left the whole responsibility of the Gazette on its publishers, Messrs. Harrison & Sons. The printing of the paper has been in the Harrison family since 1773.

Absolute secrecy as to the contents of any forthcoming Gazette prevails at St. Martin's lane, and, though there are a thousand workers in Messrs. Harrisons' office, no item of news has ever leaked out before its time. Every sheet of copy is private and confidential until it appears for all the world to see. The copy for the Gazette is written in the government offices, often by cabinet ministers themselves, and is invariably returned with the proofs. Each secretary initials his copy, and in cases of promotion in the services no paragraph is accepted even in proof without being initialed a second time.

Now and then on very rare occasions a piece of copy is received autographed by the sovereign.—Westminster Gazette.

LANGUAGE OF THE HAND.

Scarcely a Sentiment It Is Not Capable of Expressing.

When a lover ventures for the first time to grasp the hand of his charmer she either withdraws it, and that is as much as to say, "I have no heart for you," or she suffers it, which is the same as if she said, "He whom I permit to touch my hand may hope also to touch my heart." In lovers' quarrels, indeed, the hand is withdrawn to express anger, but soon extended again in token of reconciliation. Who can tell all that is said by the hand which another is conveying to the lips to have a kiss imprinted upon it? This is done either slowly or hastily, either with trembling or boldly, and expresses civility or respect, gratitude or love. Two hands are folded together—their owner prays; the folded hands are raised—he solicits something; they are rubbed one against the other—he is impatient. The raised finger threatens; when bent it beckons; when extended it points. Two fingers produce the snap, a sign of contempt or defiance. The hand gives; the hand receives. Both speak aloud.

The hand likewise answers by a repulsive motion. A finger placed upon the lips inculcates discretion. The ancients represented the god of silence in this attitude. How they have represented Venus everybody knows. The hand of the goddess says, "I am bashful." The Graces take each other by the hand, as much as to say, "We ought to be indivisible." Two hands firmly grasping each other are the symbol of fidelity. The clinched fist bespeaks rage and revenge, the hollowed hand implores alms, the hand laid upon the heart protests, the hand upon the forehead thinks, and the hand behind the ear expresses difficulties.

In a word, there is scarcely a sentiment which the hand is not capable of expressing, and it not only completely supplies the place of the mouth in speaking, but also, rather imperfectly, in kissing, for when the lips cannot approach the beloved object the hand throws kisses to her.—New Orleans Times-Democrat.

HISTORY OF THE ANCHOR.

Various Improvements That Have Been Made In Its Shape.

The ships' anchors in general used up to the beginning of the last century consisted of a long, round iron shank, having two comparatively short, straight arms or flukes, inclined to the shank at an angle of about 40 degrees and meeting it in a somewhat sharp point at the crown. In large anchors the bulky wooden stock was built up of several pieces, hooped together, the whole tapering outward to the ends, especially on the aft or cable side. About the beginning of the last century a clerk in the Plymouth naval yard, Pering by name, suggested certain improvements, the most important of which was making the arms curved instead of straight. At first sight this simple change may seem of little value, but consideration will show that this is not the case. The holding power of an anchor depends on two principal conditions—namely, the extent of useful holding surface and the amount of vertical penetration. The latter quality is necessary on account of the nature of ordinary sea bottoms, the surface layers of which are generally less tenacious and resisting than is the ground a short distance below.

In the year 1831 chain cables began to supersede the hempen ones, with the result that the long shanked anchors hitherto in vogue were no longer necessary, and anchors with shorter shanks and with heavier and stronger crowns gradually came into use. In consequence of these changes a commission was appointed in the year 1838 to inquire into the holding power of anchors, and a principal result of its labors was the adoption of the so called admiralty pattern anchor, which continued to be used in the navy up to the year 1860. The invention of the steam hammer in 1842 made the welding of heavy masses of iron a comparatively easy and reliable process, so that from this time onward the strength of anchors fully kept pace with that of the chain cables which had come into general use.

A number of patents for anchors were taken out prior to the great exhibition of 1851, and, public attention having been called to the models there shown, in the following year a committee was appointed by the admiralty to report on the qualifications of anchors of the various kinds. Practical trials were then instituted, and as a result Trotman's anchor took the highest place, Rodger's anchor being second on the list. Some of the tests to which the anchors were submitted were of doubtful value, such, for instance, as "facility for sweeping." Nowadays, however, at all events for deep ships in shallow harbors, it is considered an advantage for an anchor to offer as little obstruction as possible above the ground.—Science Siftings.

A Lost Island.

Of the various buildings which adorned the island of Philæ there remain today above water only a portion of the colonnade, the top of the kiosk and a part of the temple of Isis. The traveler approaches the ruins in a small boat, in which he may pass down the colonnade and row about in the once sacred chambers. It is a novel and interesting experience, but to those who were familiar with the island in all its beauty it is full of sadness. Of the columns which formed the colonnade only the capitals remain above water. Upon these one sees, beautifully chiseled and ornamented with delicate coloring, Tiberius offering gifts to the gods or Nero presenting two eyes to Isis. A short distance to the right the roof of the kiosk is visible resting upon its exquisite columns, which are partly submerged. By it two unusually large palm trees rear their heads above the inundation.—Century.

A Wasp's Wisdom.

Naturalists have decided that many insects have senses which human beings lack. That of location, shown by the wasp, for instance, is remarkable. One species builds its nest in a sand bank that is only a part of several acres of such soil, and when it leaves in search of food it covers the nest so carefully that no ordinary eye could discover its location—that is to say, it is just like all the surrounding location, and yet the wasp flies back to it without hesitation and finds it without making a mistake. There is another wasp that unerringly locates the eggs of the mason bee under a thick layer of sun baked clay and deposits her own eggs in the same cells that her young may have food when they are hatched.

A Sure Way of Saving.

An ingenious method of putting his savings beyond his own reach has been adopted by a German writer who found from dire experience that all his profits melted away as soon as earned. Having made £16,000 by a fortunate literary speculation, he placed the whole of the money, together with his will, in the Imperial Deposit bank at Berlin and on receiving the receipt from the cashier deliberately tore it up. The cashier thought he was mad and told him angrily that it would take fully three years before he could expect to obtain a duplicate receipt. "That is just why I have torn up the original," calmly remarked the depositor, "and now the money is safe for that time."—Golden Penny.

BIRDS SING ON THE WING.

Their Notes Are More Charming When Warbled During Flight.

The songs of all birds gain in beauty when they are uttered on the wing. They seem to be delivered with more abandon and greater volume. The water thrush's first cousin, the oven bird, furnishes a striking example of this. His ordinary song consists of a repetition of the same note, hammered out with a constant crescendo.

Very effective it is, too, as a part of the general music of the forest, though lacking individual attractiveness on account of the monotony of its iteration. But when the bird rises above the treetops and descends after the fashion of the indigo bird to an accompaniment of scattered notes he takes far higher rank as a performer.

Not always, however, does he require the exhilaration and inspiration of an aerial toboggan to cause him to abandon his plain chant for a more florid song. I have heard him sing the latter perched on a grapevine not two feet above the ground. And as if to show that he did not reserve his superior powers for special occasions he mingled it with his plain chant and ending with the song and sometimes reversing this order.

I love to see the oven bird on the ground. There is such a ludicrous assumption of dignity on his part as he strides about the stage, never for a moment forgetting himself so far as to hop. There is the same even, measured steadiness about his movements that there is in his chant. It is only when he launches himself into the effervescing song that he forgets his staid demeanor.—Lippincott's.

DUCKS WERE DECEITFUL.

Ingenious Fraud Practiced by the Heathen Chinee.

The ingenuity of the Chinaman is wonderful, surpassing at times the belief of his European and American brothers. A striking instance of it, not unmixed with guile, was brought to light recently during the trading transactions of two foreigners at Boone Road market.

This husband and wife, having decided that duck should figure on the menu of the day, went the round of the market in search of a fat, plump, well flavored bird.

After awhile two were purchased. They were beautifully dressed ducks, young, but plump, and promised to show up well at the evening table.

When the domestic pair got home the lady chanced to puncture one of the birds with a sharp knife, and it collapsed like a toy balloon. The other, subjected to similar treatment, followed suit. Their erstwhile inflated bodies became flat and bony and mere ghosts of the ducks that had been bought.

Investigation showed that a thin piece of wire had been fastened round the birds' necks and elsewhere, and everything pointed to the conclusion that the ducks had been blown up with a bicycle pump.

How the ducks had been drawn and then made to stand the strain of the air pump is evidently an oriental trade secret.

When the young couple again go shopping for ducks they will take a skewer along with them.—Shanghai Times.

Stewed Snapper.

"Stewed snapper," said the proprietor of a restaurant that makes a specialty of the toothsome dish, "is almost as distinctively Philadelphian as scrapple and pepper pot. Prepared by the same formula as terrapin, with a liberal seasoning of sherry, snapper is quite as palatable as the diamond back, provided the meat comes from a young turtle. In fact, I defy any one but an epicure to tell the difference. The snappers that come to Philadelphia are mostly caught in the muddy bottomed creeks that flow into the Delaware up the Jersey side, and just now they are coming in very plentifully. The snapper is a difficult catch to handle, but the Jerseymen know how to turn the trick and get them to market alive. They run in weight from four pounds all the way up to forty pounds, the smaller ones being naturally more tender and consequently better meat. Some few are shipped to Trenton and New York, but most of them come to Philadelphia."—Philadelphia Record.

A Common Weakness.

Dr. Joseph Le Conte was an authority, recognized by the world at large, on the science of vision. One day he was showing a class how to detect the blind spot in the human eye. He took two coins and held them, one in each hand, before him on the table.

"Look at both of these steadily," said he, "and gradually move them in opposite directions. Presently they will pass beyond the range of vision. That is due to the blind spot. Continue the movement, and the coins will again emerge to view."

Then the philosopher and naturalist had his little joke. "You can experiment for yourself at home," said he. "But if you are unsuccessful try some other object instead of a coin. Some people have no blind spot for money."

The Flax Plant.

Linen is obtained from the flax plant, a small, delicate annual with a tiny blue flower. The plant is pulled by hand in the summer, the seeds, known in commerce as linseed, being removed and the straw subjected to various processes to separate the fibrous part which constitutes the linen. First it is steeped in water and then passed through a drying and heating process on revolving wheels until all foreign matter is removed. It is then ready for manufacture.

Flax has been used from remote ages as a textile fabric, especially in Egypt. Mummy cloths are often found to be of exceedingly fine texture. The chief linen producing countries of the present day are Ireland, France, Belgium and Germany. The flax fiber is round and irregular, is very durable and is capable of extensive bleaching. Plain linen has a simple weave, with the weft threads alternately interspersing the warp ones. When woven with a pattern it is usually called damask.

As a clothing material linen should not be worn next the skin because it is a very good conductor of heat.

Jute and hemp are from plants which are used in manufacturing only very rough materials. In form they resemble very course, inferior flax.—American Queen.

Trained Nurses Who Loaf.

"When a doctor finds a nurse reading a book about her profession and not a novel while she watches at the bedside of a patient," said an uptown physician, "that is the nurse he likes to hire and to help. If the case turns out well the doctor sometimes makes her a present of a book with up to date ideas on her profession which she might not be able to buy. One-half the trained nurses of the city are dependent upon the recommendations of physicians, and half the success of a physician depends on a good nurse; therefore a doctor likes a nurse who reads about her business, attends lectures and keeps up with the times.

"You would be astonished to know how many lectures are given by physicians in New York every month that are open to trained nurses, but which few of them attend. There are a good many loafers among the trained nurses. They seem to think their study ended when they got their diplomas."—New York Press.

Mythical as Thirteen.

Modern occultists maintain that the number four plays quite as important a part in mundane affairs as the number thirteen, and for the following reasons:

There are four cardinal points, four winds, four seasons, four rules for arithmetic, four conjugations and four quarters of the moon. Moreover, the Olympiad lasted for four years, a pack of cards is composed of four equal parts and of four suits, an hour is divided into four quarters, and most pieces of furniture have four legs. The occultists even point out that every human being has four canine teeth, that a fork has four prongs, that corpses are placed between four planks and prisoners between four walls, and that at a funeral the coffin is usually borne by four persons.

A Mere Man's Idea.

"First impressions are proverbially dangerous guides unless one happens to be of the sex which always has the gift of making its first impressions rhyme with the issue," says a recent writer. But a woman always awaits the issue before she confides her real first impressions to the outside world. She may "say things" which the male outsider may mistake for her first impressions, but they are not her real first impressions. They come only after the event. This, however, is a profitless digression.

A Man to Know.

One of the chief joys in life is to know men by whom you can swear, to know a man here and there over the world of whom you can say: "Wherever he is tonight, there he is helpful, truthful, sincere, wise, intelligent—an educated gentleman; educated in every facutly of his being, in those things which go to make the body a thing of delight and beauty; educated in conscience, so that even as the eye seeks the light his conscience seeks the right; educated fully and completely."

A Hustler.

"Do you think Skinner can make a living out there?"

"Make a living! Why, he'd make a living on a rock in the middle of the ocean if there was another man on the rock."

A Possible Exception.

Wife—Isn't it a fact, dear, that handsome men are proverbially disagreeable?

Husband—Well, I don't know. I always try to be pleasant.

MASTER OF THE VESSEL.

A Story of Farragut In Command When but Twelve Years of Age.

The story of a boy of twelve years acting as commander of a ship seems rather wonderful, yet Farragut was but twelve years and four days old when he was put in command of the Barclay, a prize ship taken by Captain Porter. In consideration of his tender years, says the author of "Twenty-six Historic Ships," the former English master of the vessel was sent in her for the possible benefit the young prize master might find in his advice. Farragut tells the story of the queer division of authority in his journal as follows:

"I considered that the day of trial had arrived, for I was a little afraid of the old fellow, as every one else was. But the time had come for me at least to play the man. So I mustered up courage and informed the captain that I desired the main topsail filled away in order that we might close up with the Essex Junior. He replied that he would shoot any man who dared to touch a rope without his orders. He would go his own course and had no idea of trusting himself with 'a blasted nutshell,' and then he went below for his pistols.

"I called my right hand man of the crew and told him of my situation. I also informed him that I wanted the main topsail filled. He answered with a clear 'Aye, aye, sir,' in a manner that was not to be misunderstood, and my confidence was perfectly restored.

"From that moment I became master of the vessel and immediately gave all necessary orders for making sail, notifying the captain not to come on with his pistols unless he wished to go overboard, for I really would have had very little trouble in having such an order obeyed."

A Paradox Explained.

Why does not a man weigh a pound more immediately after eating a pound weight of food? A little reflection will readily explain this apparent mystery. During the process of mastication, deglutition, etc., certain muscles are brought into active play, and the exercise of any muscle necessitates a temporary waste of its tissues, and a certain amount of carbon is eliminated and passed off during the course of the meal. This loss, however, is trifling as compared with that due to respiration and perspiration, both of which are increased during the various operations of making a meal.

The length of time one may take to consume a pound of food makes but little difference to those losses, for if it is eaten leisurely there is but slight increase of respiration or perspiration, whereas if it is hurried through both are abnormally accelerated. Hence by the time the pound is eaten the consumer has lost appreciably in moisture and carbonic acid.

He Was His Own Grandfather.

Of all genealogical curiosities the one set forth below is probably the oddest—a singular piece of reasoning to prove that a man may be his own grandfather! Here it is: There was a widow (Anne) and her daughter (Jane) and a man (George) and his son (Henry). This widow married the son, and the daughter married the father. The widow was therefore mother (in law) to her husband's father and grandmother to her own husband. By this husband she had a son (David), to whom she was, of course, great-grandmother. Now, the son of a great-grandmother must be grandfather or granduncle to the person to whom his mother was or is great-grandmother, but in this instance Anne was great-grandmother to him (David); therefore David could not be other than his own grandfather.

Prodigality of Life In Ancient Egypt.

The reckless prodigality with which in ancient Egypt the upper classes squandered away the labor and lives of the people is perfectly startling. In this respect, as the monuments yet remaining abundantly prove, they stand alone and without a rival. We may form some idea of the almost incredible waste when we hear that 2,000 men were occupied for three years in carrying a single stone from Elephantine to Sais, that the canal of the Red sea alone cost the lives of 120,000 Egyptians and that to build one of the pyramids required the labor of 360,000 men for twenty years.

A Remarkable River In Spain.

There is in Spain a river called the Tinto, which has very extraordinary qualities. Its waters, which are as yellow as a topaz, harden the sand and petrify it in a most surprising manner. If a stone falls into the river and rests upon another they both become perfectly united and conglutinated in a year. It withers all the plants on its banks as well as the roots of trees, which it dyes of the same hue as its waters. No fish live in its stream.

She Guessed Right.

"Did the spiritualistic medium tell you anything that was true?" asked the willing believer eagerly.

"Oh, yes," replied the hard headed individual.

"And that was"—

"That I spent my money foolishly, which was right. You see, I had paid to hear her tell me that."—Cincinnati Times-Star.

Delightful Prospect.

"Do you," said the learned counsel, "swear that you will tell the truth, the whole truth and"—

"Oh, how lovely!" the fair witness interrupted. "Shall I really be allowed to talk all the afternoon if I want to?"—Tit-Bits.

Good money is faithless. It leaves us almost as soon as we get it. Bad money, however, sticks by us to the bitter end.—Baltimore American.

Norway's coast line, 1,700 miles in a straight line, becomes 12,000 miles followed round the fiords. In the fiords are over 150,000 islands

ENGINE TRANCE.

A Sort of Temporary Paralysis That Sometimes Affects Track Men.

"The numerous fatal accidents reported in the newspapers to rail layers that occur every year on the various railroad systems throughout the country are not in every case due, as is generally supposed by the public, to negligence or carelessness on the part of the workers themselves," said a New York physician and surgeon employed by the New York Central railroad.

"The fact is, the bearing of these men in time becomes affected owing to the constant stooping position which they are obliged to assume in laying the rails, putting the bolts in, etc., and that renders them often oblivious to approaching trains, notwithstanding the fact that they work in gangs and have lookout men near at hand. Another fact which is accountable in many instances for fatal accidents to rail layers is what is known among the men themselves as 'engine trance.' This I might describe more clearly as a temporary sort of paralysis which affects simultaneously both the mind and body. The 'stroke' lasts only a few seconds, but those few seconds mean life or death when a fast train is approaching.

"A rail layer who may be in perfect physical condition is not proof against the powerful fascination as he gazes along the rails and sees an engine with its row of cars coming toward him at express speed. Although he has been warned by the lookout and the shouts of his fellows of the approaching danger, he will pay no heed, but stand spellbound for an instant. And that instant's delay is generally fatal, or, if not, it results in the amputation of a leg.

"There are few rail layers who have not, they will tell you, experienced this peculiar trance at one time or another during their careers on the track. Animals are also subject to 'engine trance,' particularly dogs and cats, and that no doubt accounts to some extent for the large number of them as well as other animals that are killed on the railroad."—New York Times.

BATHING AT OSTEND.

The Contrast Between Belgian and American Beach Customs.

How differently from ourselves Europeans do some things is shown by the marked contrast between the bathing customs and methods at the typical American beach and those at a leading seaside resort abroad, such, for instance, at Ostend, Belgium. The American way is too familiar to our readers to need description. At Ostend bathing, which is the most striking thing about the city, is carried on in accordance with continental ideas of propriety most shocking to the average American. Instead of the ordinary dressing rooms, Ostend was the first place to use the little individual houses on wheels, into which the intending bather goes to disrobe and don his or her bathing suit. The house is then wheeled out in the water by a horse driven by a man employed for that purpose. The steps are let down from the little house, and the bather enters the water without having to promenade over the sand. At the end of the bath the bather mounts the steps into his little house and, calling the driver again, has his dressing room hauled up high and dry on the shore, where, having dressed at his leisure, he leaves the key with an attendant and goes on his way. The bathing costumes seen at Ostend are noted for their scantiness, the striking peculiarity of which, however, lies in the fact that the suits worn by the women rarely, if ever, have any skirts attached to them, everybody—men, women and children alike—wearing tight fitting suits, the suits furnished by most of the public bath houses being identically the same for both men and women.

The scene on the beach is one of great animation, and when the bathers engage, as they frequently do, in a game resembling basket ball, played with a large inflated rubber ball, the mingling of varicolored bathing suits and the darting hither and thither of the bathers at play, now on the beach and again in the water, is a sight never to be forgotten.—Leslie's Weekly.

Speaking and Stopping.

The knowledge of when to sit down is invaluable to public speakers and to their audiences. Perhaps the best plan is to secure a candid friend who will pull you down by your coattails. A man "on his legs" is one with whom time gallops; he has spoken for half an hour, and to him it seems but five minutes. The excitement of the brain suggests new and ever new ideals, and the extemporary talker in the pulpit or after a public dinner flounders in pursuit of these will-o'-the-wisps through swamps and thickets of bad grammar haunted by the anacolouthon and other fearful wild fowl. In the pulpit there is no man to pull the preacher down, and many are his "two words more, my brethren." After public dinners a bored audience begins to talk and laugh, but these symptoms of disapproval are not marked by the self absorbed public speaker. In short, the knowledge of when to sit down is rare and hard to acquire.—Longman's.

Discontent With Work.

That there is much discontent with work among the so called middle classes in America is due in large part to the pampering of children, to the supplying of their natural and artificial wants and to the sentimental idea that "their day of toil will come soon enough." In general, work is not a curse, but a blessing, a positive means of grace. One can hardly begin too early to impress upon children lessons of self help by tasks appropriate to their age and forces and to beget in them scorn of idleness and of dependence on others. To do this is to make them happy through the self respect that comes with the realization of power and thus to approximate Tennyson's goal of man, "Self reverence, self knowledge, self control."—Century.